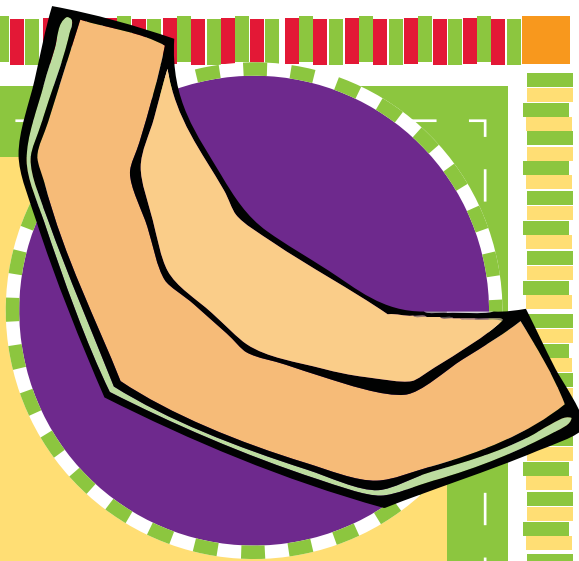


In Season:



Cantaloupe!



NUTRIENTS IN CANTALOUPE:

Vitamins: A, C, and folate.

SELECTION:

Choose sweet-smelling cantaloupes, heavy for size with no visible bruises. The fruit should give in to gentle pressure.

STORAGE:

Store uncut cantaloupes at room temperature for up to 1 week. Refrigerate cut melon in airtight container up to 5 days.

QUICK FIX TIPS:

- Use a melon baller to scoop out bite-size pieces of melon that kids will enjoy.
- Combine fruit juice concentrate and cantaloupe chunks in a blender. Pour mixture into small paper drink cups, place wooden popsicle stick in cup, and place in freezer. Once popsicles are frozen, pull away paper cup and enjoy!
- For breakfast, combine chunks of cantaloupe, pineapple, and a handful of blueberries for a tasty, colorful meal to start off your day!



Dessert Fruit Kabobs

Prep Time: 15 Minutes

Serves: 4

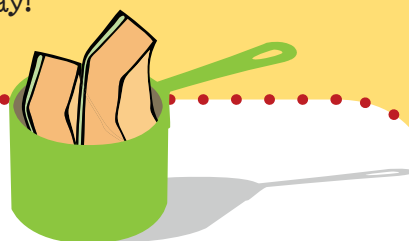
Ingredients:

- 1 cup plain low-fat yogurt
- 1 tbsp fresh lime juice
- 1 tsp fresh cilantro, chopped
- 2 cups strawberries
- 1½ cups cantaloupe, cubed
- 1½ cups honeydew, cubed

**Cups of Fruits &
Veggies per Serving:** 1

Preparation:

1. In a small mixing bowl, stir the yogurt, lime juice, and cilantro together.
2. Transfer the yogurt mixture to a small serving dish, cover, and refrigerate until ready to serve.
3. Thread the cubes of cantaloupe, honeydew, melon and strawberries onto 8 metal skewers.
4. Serve the kabobs with the yogurt dipping sauce.



Nutritional Information per Serving:

Calories:110; Total Fat:1g;
Dietary Fiber:2g; Sodium:70mg

Recipe is courtesy of Produce for Better
Health Foundation (PBH).



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